



Soldiers from the 40th CSC, 524th CSSB, 25th Sust. Bde., walk up a platform onto a plane, Nov. 5, waiting to take them on a flight to the Middle East.



Capt. Trey Lilliewood, commander of the 40th CSC, 524th CSSB, 25th Sust. Bde., renders honors to the American flag, Nov. 2, during his company's deployment ceremony.

40th Composite Supply Co. deploys to Middle East

Story and photos by
SGT. IAN IVES
25th Sustainment Brigade
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Over 100 Soldiers from the 40th Composite Supply Company, “Night Marchers,” 524th Combat Sustainment Support Battalion, 25th Sust. Brigade, deployed from here, Nov. 5, to the Middle East in support of Operation Inherent Resolve, or OIR.

The Night Marchers will be supporting a wide variety of units during their nine-month mission.

“Over the last eight months, they have tirelessly trained on their individual, collective and pre-deploy-

ment task in preparation for their upcoming mission,” said Lt. Col. David Young, commander of the 524th CSSB.

While deployed to OIR, the Night Marchers will be providing multi-class supply support activity, fuel distribution, water purification and field feeding support to units operating in their area of operation.

A ceremony was held on Nov. 2, in their battalion footprint, for the friends and families of the now deployed troops.

Attending the ceremony was battalion and brigade command teams, as well as the 25th Infantry Division Command Sgt. Maj. Brian Hester and the 25th ID band.



Right — Soldiers from the 40th CSC, 524th CSSB, 25th Sust. Bde., walk to a plane, Nov. 5, waiting to take them on a flight to the Middle East. The 40th CSC is deploying to Iraq for nine months in support of Operation Inherent Resolve.

For Queen Lili‘uokalani, the bell tolls around Oahu & on post

Soldiers Chapel rings 100 times

Story and photos by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — On Nov. 11, 1917, Queen Lili‘uokalani, Hawaii’s last monarch, passed away at Washington Place.

Flags were flown at half-mast, and the bells of the Episcopal Cathedral of St. Andrew and Kawaiaha‘o Church tolled for the queen.

On Veterans Day, 100 years later, the queen was honored again with 100 bell tolls from more than 100 local churches, synagogues, temples and mosques.

At Schofield Barracks, personnel rang the bell at the Soldiers Chapel 100 times. The Soldiers Chapel was first built in 1913. A second Soldiers Chapel was built in 1920 and moved to its current location in 1925.

Queen Lili‘uokalani gifted Schofield Barracks’ first chapel in Castner Village, built in 1913. Each year, this year being the third, personnel commemorate the queen’s birthday at the chapel.



Left — The Soldiers Chapel has a portrait of Queen Lili‘uokalani at its front entrance.

Far Left — The Soldiers Chapel was first built in 1913. A second was built in 1920 and then was moved to its current location in 1925.

“I just think that it’s an honor and privilege to be a part of (this occasion), knowing that she had dedicated part of this chapel for the Soldiers,” said Chaplain (Lt. Col.) Kevin Niehoff, chief of Religious Support, U.S. Army Garrison-Hawaii. “It really is an honor knowing that, despite everything that happened in her life, she could show grace and mercy. I think that’s a lesson for everybody.”

A short service, which Niehoff presided over, preceded the ringing. Prayers were also offered for people worldwide faced with tragedy and strife.

The general public was invited to an observance known as Aloha Lili‘u, near the queen’s statue at the Hawaii State Capitol building, where singing, chanting and hula performances took place. The queen was honored with the sound of conch shells, drums, chanters and hula dancers.

“A century after her passing, she is still beloved by her people, many of whom have benefited from her legacy,” said State Sen. Kai Kahele, co-organizer of Aloha Lili‘u, in a post by Senate Communications. “We hope through this observance, we can all be reminded of and emulate her spirit and character of grace, courage, strength and compassion.”

The day after the ceremony at the capitol, Kahele and Sen. Brickwood Galuteria, who also helped organize Aloha Lili‘u, went to Mauna Ala Royal Mausoleum to present ho‘okupu, or ceremonial gifts, at Queen Lili‘uokalani’s crypt.



As Chaplain (Lt. Col.) Kevin Niehoff (left), chief of Religious Support, U.S. Army Garrison-Hawaii, keeps track of the number of tolls, Saturday, U.S. Army Garrison-Hawaii leaders, at right, ring the bell at the Soldiers Chapel. The Soldiers Chapel, along with other religious establishments in Hawaii, rang its bell to commemorate the 100th anniversary of the death of Queen Lili‘uokalani, Nov. 11, 1917.

HAWAII
ARMY
WEEKLY

Vol. 46, No. 45

The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii
Col. Stephen E. Dawson
Garrison Command Sergeant Major
CSM Lisa C. Piette-Edwards
Director, Public Affairs
Dennis C. Drake
656-3154

Chief, Internal Communication
Aiko Rose Brum, 656-3155

editor@hawaiiarmyweekly.com

Pau Hana Editor
Jack Wiers 656-3157

community@hawaiiarmyweekly.com

Staff Writer and Photo Editor
Karen A. Iwamoto 656-3150

reporter@hawaiiarmyweekly.com

Layout
Kristen Wong

layout@hawaiiarmyweekly.com

Advertising: 529-4700
Classifieds: 521-9111

Address:
Public Affairs Office
745 Wright Ave., WAAF
Building 107, 2nd Floor
Schofield Barracks, HI
96857-5000

Website:
www.hawaiiarmyweekly.com

Nonelivery or distribution
656-3155 or 656-3488

Contributing Commands
U.S. Army-Pacific

Russell Dodson, 438-2662
25th Infantry Division, & 25th Sustainment Brigade, & 25th Division Artillery

LTC Curtis J. Kellogg
655-6350

2nd Brigade Combat Team
MAJ Karen Roxberry
655-0738

3rd Brigade Combat Team
CPT Eric D. Hudson
655-9526

25th Combat Aviation Brigade
CPT Steven J. Guevara
656-6663

8th Theater Sustainment Command

MAJ Lindsey Elder
438-0944

8th Military Police Brigade
SFC John Brown
655-5630

311th Signal Command (Theater)

CPT Liana Kim, 787-4095

94th Army Air & Missile Defense Command

SFC Claudio Tejada Valerio
448-1556

9th Mission Support Command

CPT Liana Kim
438-1600 ext. 3114

18th Medical Command (Deployment Support)

SSG Luisito Brooks, 437-4737

Tripler Army Medical Center
James Guzier, 433-2809

U.S. Army Corps of Engineers-Honolulu District

Dino Buchanan, 835-4003

500th Military Intelligence Brigade

SGT Shameeka R. Stanley
787-6824

599th Transportation Brigade

Donna Klapakis, 656-6420

USAG-Pohakuloa
Eric Hamilton, 808-969-2402

Caring for warriors takes center stage

BRIG. GEN. BERTRAM PROVIDENCE
Commanding General
Regional Health Command-Pacific

HONOLULU — Regional Health Command-Pacific's vast and diverse mission is designed to ensure that combatant commanders are equipped with medically ready forces to fight and win our nation's wars.

An equally critical component of that mission is caring for our wounded, injured and ill service members and facilitating their return to duty or successful reintegration back to civilian life.

Throughout November, Warrior Care Month will be observed across the Army to celebrate the strength and resilience – physically, mentally, and spiritually – of our wounded, injured and ill service members, as well as their families and caregivers; raise awareness of the warrior care resources and programs available; and inspire year-round discourse regarding today's warrior care priorities.

Secretary of Defense James Mattis recently summed up this year's Warrior Care Month theme, "Show of Strength," when he talked about the importance of the annual observance and the courage and strength exhibited by those we honor.

"There must never pass a day in our nation or at the Department of Defense when we do not provide our wounded, injured and ill service members the best possible care and support," he said. "They have done their patriotic duty; they are neither diminished nor dependent, even as we help them bring new strength to bear.



Providence

als have the privilege of caring for hundreds of warriors who are recovering and undergoing rehabilitation at our Warrior Transition Battalions located at Madigan Army Medical Center at Joint Base Lewis-McChord (in Washington state) and Tripler Army Medical Center, here.

For more than six years now, regional health commands across the U.S. Army Medical Department have conducted Warrior Trials to allow service members and veterans an opportunity to set personal athletic goals and achieve them.

This year, Pacific Regional Trials were hosted by Tripler from Monday to Saturday (Nov. 6-11). The event brought together more than 80 wounded, injured and ill service members and veterans from across the region to compete in eight adaptive sporting events.

Competitors from the regional games have an opportunity to advance to the Army Trials and, ultimately, to the 2018 Department of Defense Warrior Games.

These competitions emphasize the ben-

"In their eyes, we see the best of our country's fighting spirit. We are inspired by their strength in recovery, rehabilitation and reintegration back to duty or transition into civilian community."

Across RHC-P's footprint, our team of health care profession-

efits of adaptive sports in the healing process, as well as provide an opportunity for all of us to celebrate the excellence that is in each of our warrior athletes.

The significance of Warrior Care Month cannot be understated, because it reaffirms not just the Army's commitment to providing access to the full spectrum of comprehensive medical care and support services that military medicine has to offer, but it also underscores this nation's long-standing support and reverence of those who wear the uniform.

The Pacific Regional Trials were also supported by the medical treatment facilities along with our installation partners throughout the Pacific Rim. Together, they hosted open houses, local sporting events, town halls, seminars and demonstrations to increase awareness of the importance of programs and resources available to wounded, injured and ill services members, as well as their families and caregivers.

This month, please join me and the rest of our Army in celebrating our warriors who continue to show great strength and resilience in overcoming physical and emotional injuries.

(Editor's note: See more details about the Pacific Regional Trials on p. B-5.)

More Online

For additional information on Warrior Care Month and warrior care programs and resources, visit warriorcare.dodlive.mil.



Courtesy photo

Army veteran Joan Benitez (standing, center) instructs Soldiers during a "Warriors at Ease" yoga class at Schofield Barracks.

Veteran uses yoga to help put 'Warriors at Ease'

CHRISTOPHER FIELDS

Army Warrior Care and Transition

SCHOFIELD BARRACKS — Any given morning, here, you may come across a circle of Soldiers methodically following the yoga movements echoed by their teacher in the middle, Army veteran Joan Benitez.

Since April 2017, Benitez has been teaching yoga classes for the Warriors at Ease program to units across the island and the staff at Tripler Army Medical Center.

According to its website, Warriors at Ease was founded in 2009 with the mission to bring the healing power of yoga and meditation to military communities around the world. It strives to do this by providing free yoga classes to the military community.

The program started at Walter Reed trauma centers with amputees and burn victims and has since expanded to include other wounded, ill and injured Soldiers and able bodied active duty Soldiers as well. It is a way to teach Soldiers how to move and give them skills they can use to relax before they deploy.

"After my deployment experiences, having unknowingly deployed on a broken leg and then sustaining other injuries, to include a traumatic brain injury, a military sexual trauma and then post-traumatic stress disease, too, I found myself in a real deep depression," Benitez said.

"One of my physical therapists told me to go to an afternoon yoga class to just get mov-

ing again. I finally went, and it started making me feel better, and that's what yoga can do."

Warriors at Ease yoga differs from regular yoga in that it encourages emotions and feelings to come out and be dealt with in that moment.

"We encourage people to let go and have that moment, that time to let it out if they need to. Regular yoga classes don't do that," said Benitez. "Yoga can be very emotional, and some movements may cause triggers in an individual. If it happens, they need to have that moment."

Another aspect of the Warriors at Ease approach to yoga is it adapts movements to an individual based on what they can do and what keeps them feeling safe and secure. If an individual feels too vulnerable in a pose, the teacher will adapt it, so they are comfortable.

Benitez got into teaching yoga after feeling that she had a "bigger purpose" than what she was doing with other organizations after she moved to Hawaii. She thought about yoga and how it helped her, and that's when she found Warriors at Ease and decided to get involved. Benitez now teaches 12 classes a week to roughly six units across Schofield Barracks and staffs at Tripler Army Medical Center. She has even taught classes via Skype to deployed units.

Benitez continues to attend yoga classes for herself to help with her own well-being.

When she teaches large classes, she risks triggering her own PTSD and having anxiety attacks because of the pressure of teaching them correctly and being responsible for participants feeling safe and secure. However, even with those risks to herself, teaching yoga with Warriors at Ease has helped Benitez find that "bigger purpose" she was looking for.

"I get to see Soldiers find enjoyment. They can move without judgment, heal at their own pace and find the strength within themselves. We're empowering them, and we have the patience and the time to make sure they know it's all at their speed," she said.

Benitez's classes are well received and well attended. Commanders of the units she teaches have told her that morale is high and Soldiers are able to return to the unit healthier, thanks to her teaching.

She loves the positive impact her classes have had not only on herself, but the Soldiers she teaches. She says some of the Soldiers even sneak back into classes or into another unit's class.

"If I've got Soldiers trying to sneak into my yoga classes, I must be doing something right."

More Online

For more about Warriors at Ease, visit <http://warriorsatease.org>.

Voices of Ohana

What are you thankful for?

By 8th Theater Sustainment Command Public Affairs



"I'm thankful for my relationships with Jesus Christ, my family and the command leadership of the 8th TSC."

Lt. Col. Brian Chepey
Command chaplain
8th TSC



"I'm thankful for family, and I've got all my fingers and toes."

Sgt. Jacob Herring
HR NCO
42A, 8th TSC



"Just being in Hawaii, I love it here. No winter, no ice, no snow!"

Pvt. Nicholas Parrott
C-Burn NCO IC
74D, 8th TSC



"I'm thankful for my friends, family and the opportunities the Army has given me and being stationed here on Hawaii."

1st Lt. Robert Phillips
Company XO
88A, 8th TSC



"My family, food, a roof over my head and being on this beautiful island."

Spc. Jessica Seely
Supply clerk
92Y, 8th TSC

DFACs to serve Thanksgiving meals, holiday cheer

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — The 25th Infantry Division’s dining facilities, here, and on Wheeler Army Airfield will feature a special Thanksgiving menu for diners on Wednesday, Nov. 22.

The Thanksgiving meals will be served from 11 a.m.-2 p.m. Regular breakfast meals will be served from 6-7 a.m., and regular dinner meals will be served from 4-5:30 p.m.

Four dining facilities will serve Thanksgiving meals, as follows:

Bronco Café Bldg. 357 Foote Avenue Schofield Barracks	Sustainment Bistro Bldg. 780 Schofield Barracks
Warrior Inn Bldg. 2085 Aleshire Avenue Schofield Barracks	Wings of Lightning Bldg. 102 Wright Avenue Wheeler Army Airfield

The cost for the meals follow:

- Meal cardholders must show their meal card and ID card.
- For family members of service members ranked private (E1) through specialist (E4), \$6.80.
- For service members, Department of Defense civilians and their family members, \$9.05.
- For non-DOD cardholders, guests and family members, \$9.05.

Best DFAC

The Thanksgiving meals are part of the lead up to the annual Commander’s Best DFAC Competition on Thanksgiving Day. The various DFACs will compete against each other for the title and bragging rights that come with being chosen the winner.

Past competitions have included elaborate themed decorations, ice sculptures and centerpieces.

The competition builds camaraderie and celebrates culinary specialists’ skill while promoting excellence and providing Soldiers and the Army community with holiday cheer.

This year, the Sustainment Bistro is the designated dining facility for the Thanksgiving weekend (Nov. 23-26). Its hours of operation for those days are 9:30 a.m.-1 p.m. for brunch and 5-6:30 p.m. for supper.

During meals, all officers and senior noncommissioned officers on duty should wear the Army Service Uniform (ASU) or Dress Blue uniform. Junior enlisted Soldiers on duty should wear the ASU or Class A uniform.

Soldiers on duty after 6 p.m. should wear the Class B uniform. Soldiers not on duty may wear appropriate civilian attire.

*** Thanksgiving Meal, Wednesday, Nov. 22, from 11 a.m. to 2 p.m.**

Sparkling Grape Juice
Spiced Shrimp Cocktail

Beef Barley Soup with Vegetables
Crackers and Assorted Cheeses

Croissants, Mixed Grain Rolls
Assorted Whole Grain Breads

Roast Turkey with Turkey Gravy
Cornish Game Hen
Steamship Round of Beef with Au Jus Gravy
Baked Ham with Pineapple Sauce
Steamed Crab Legs


Mashed Potatoes
Baked Sweet Potato with Cinnamon Sugar
Savory Bread Dressing

Sauteed Asparagus, Baked Winter Squash
Green Bean Casserole
Collard Greens with
Poultry Sausage Seasoning


Salad Bar with Assorted Salad Dressings
Cranberry Sauce, Fruit Salad,
and Condiments
Assorted Seasonal Fresh Fruits and Nuts

Dessert Bar with Pumpkin, Dutch Apple
and Pecan Pies
Whipped Topping
German Chocolate Cake with Local Choice(s)
of Frosting

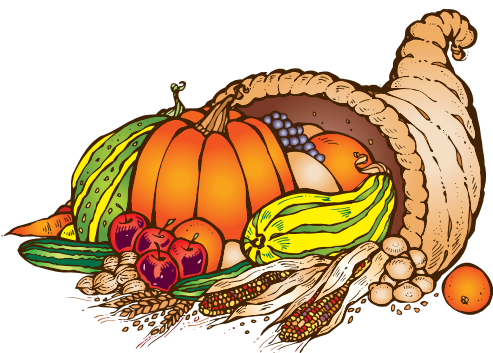
*** Note: Meals may vary between dining facilities.**



File photo



File photo



Courtesy photo

Tripler’s dietitian gives helpful advice for holiday meal

1ST LT. JESSICA TEACHOUT
Tripler Army Medical Center

HONOLULU — The holiday season is upon us. This time of year is a time for food, friends, family and enjoyment. It is also the time of year where we may find ourselves packing on a few extra pounds.

In fact, a full Thanksgiving meal can be an upwards of 3,000 calories, which is almost equal to one pound of fat. But cultural celebrations are not the ideal time to track calories. This feat can be incredibly unrealistic, so how can we mitigate extra pounds during the holiday season?

Holiday advice

Eat a balanced breakfast and drink plenty of water during the day. This will help keep you satisfied so that you are less likely to overeat when it is time for the big meal – with the added benefit of hydration.

Celebrate with activities. Enjoy food and company and drinks responsibly, but also enjoy active time with loved ones. Take some time for a holiday hike, a 5k turkey trot, family football games or post-feast walks. Physical activities can be a great bonding experience while also burning some extra calories and keeping us active, which has a variety of health benefits on its own.

Use leftovers as a meal prep. Indulge during your



Courtesy photo

festivities, but try and stick to a normal routine once the day is over. Using Thanksgiving leftovers as meal preparation is a great way to save money, reduce waste and enjoy the taste of the holidays, even after they are gone.

Pick and choose your leftovers to resemble USDA’s MyPlate. That is, make a quarter of your plate protein, such as turkey or chicken; a quarter carbohydrates, such as rice, potatoes, beans or stuffing; and half of your plate non-starchy vegetables, such as green beans, broccoli or

carrots.

Eating like this on a regular basis – not just around the holidays – allows you to maintain a balanced diet and to get all of the nutrients your body needs to stay healthy and energized.

Use desserts moderately. Even after the celebration is over, the desserts usually stick around for several days. Rather than eating pie every night to avoid being wasteful, make a moderate amount to enjoy on the holiday itself without leftovers.

If you do have leftovers, bring them to work, give them to friends, donate them or freeze them for celebrations down the road. If you are a person that will eat holiday desserts if they are in the house, eliminate the temptation by sharing the wealth. An added benefit is that next time the pie does come out, it will taste that much sweeter.

Enjoy yourself. Life is all about balance and indulging in moderation. The holidays are a time to celebrate, to be thankful and to share with loved ones. Living a balanced lifestyle will allow you to enjoy yourself guilt free and for years to come. Eat a nutritious and colorful diet, move your body, stretch and be thankful.

(Editor’s note: Teachout is a registered dietitian at TAMC.)

IMCOM-Pacific employee named ‘Top Cop’ by law enforcement

**INSTALLATION MANAGEMENT
COMMAND-PACIFIC**
Public Affairs

FORT SHAFTER — The Law Enforcement and Security Coalition of Hawaii named Antonio L. Williams – of the Installation Management Command-Pacific Law Enforcement Division – the Elwood J. McGuire awardee during a ceremony at the Prince Waikiki Hotel in Honolulu, Oct. 26.

The board of directors and president of the Law Enforcement Coalition of Hawaii selected Williams for his lifetime commitment to outstanding service, support and assistance that has benefitted the field of law enforcement, private security and criminal justice.

“It’s truly an honor to be nominated for the Elwood J. McGuire Award,” said Williams. “The men and women who have received this award before me were truly role models to emulate who led by example.”

Williams has been at IMCOM-Pacific for eight months. Prior to serving at IMCOM-Pacific, Williams served as the Chief of Police at U.S. Army Garrison-Hawaii’s Directorate of Emergency Services, or DES.

The Elwood J. McGuire Award recognizes individuals in law enforcement who have made a significant contribution for a period of at least five years in the state of Hawaii. The organization has adopted the Hawaiian expression “E Pupukahi,” which symbolically means “working together as one to make Hawaii a safer place to live and work.”

The recognition as the “Top Cop” highlights Williams’



Courtesy photo

The Law Enforcement and Security Coalition of Hawaii names Antonio L. Williams (center) of the IMCOM-Pacific Law Enforcement Division the Elwood J. McGuire Awardee during a ceremony at the Prince Waikiki Hotel in Honolulu, Oct. 26.

career and his commitment to making his community – whether here in Hawaii or anywhere he has lived and worked – better and safer.

“I’m overwhelmed with heartfelt joy. I would like to say thanks to everyone whom I (have) worked with

throughout my law enforcement and military career,” said Williams. “There is no greater experience than to work alongside first responders in law enforcement and the military in the continued pursuit to provide a safe and secure environment on a daily basis.”

The professionalism and dedication recognized during the ceremony in Honolulu came as no surprise to Emery Tyacke, Williams’ supervisor and colleague.

“Antonio has accomplished more than anyone in terms of furthering the relationship between military, county, state and federal law enforcement in Hawaii,” Tyacke said. “He’s well known and respected throughout Hawaii as a law enforcement professional.”

“Antonio’s professionalism and commitment to the Army Values shine through on a daily basis, and we are incredibly lucky to have him here on our IMCOM-Pacific team,” said David Shafii, IMCOM-Pacific chief of staff. “He is another example of the immense talent and dedication that we have here at this great organization.”

IMCOM-Pacific
Learn more about IMCOM-Pacific at www.imcom.pac.army.mil.



UNIVERSITY OF HAWAII’S MILITARY APPRECIATION NIGHT



Photos by Sgt. Ian Ives, 25th Sustainment Brigade Public Affairs
HONOLULU — A group of more than 20 Soldiers from the 25th Infantry Division are honored during the University of Hawaii football team’s halftime show Saturday in Honolulu. Soldiers from the 25th ID were invited to the Rainbow Warrior’s military appreciation night.

175th Financial Management celebrates its unit history

ALEXIA GARDNER

8th Theater Sustainment Command

FORT SHAFTER — Nov. 1st may seem like any other day out of the year, but to the 175th Financial Management Support Center, it marks the beginning of its legacy of supporting the U.S. Army dating back to 1944.

This year marks the second in which the unit has celebrated its history of providing financial support to Soldiers in the Pacific area of responsibility.

Led by Col. Nicholas LaSala, unit director, and Sgt. Maj. Austin McLaughlin, senior enlisted leader, they were pleased with what their subordinates were able to accomplish.

“They greatly exceeded our expectations,” LaSala said. “There is no way I could have given the specific sort of detail you see around the building today.”

One of the Soldiers that helped make the unit celebration happen was the unit historian, 2nd Lt. Micae Bondurant. She is assigned as the unit historian and she is the newest officer. She has given her all to ensure the history was highlighted.

“If I see that we’re doing something similar to anything we’ve done in the past, I’m going to be able to put the lessons learned into the situation,” Bondurant said.

Throughout the ceremony, the 175th FMSC represented the time periods of the various conflicts the unit supported by having Soldiers dressed in the U.S. Army uniform of that time. The conflicts represented were World War II, the Vietnam War, the Cold War and the Global War on Terror.

“I think it’s very significant, very important – not only my role, but all of us who represented a different time period of 175th FMSC and the U.S. Army,” said Spc. Neelesh Jain. “This is the unit’s history celebration day. The time period represented was a part of that history, and essentially that is what makes up the history.”

The celebration concluded with a guided tour by



Photo by Staff Sgt. Michael Behlin, 8th Theater Sustainment Command Public Affairs

Col. Nicholas LaSala (left), the unit director of the 175th FMSC, and Sgt. Maj. Austin McLaughlin, the 175th FMSC’s senior enlisted leader, cut a cake in honor of their unit’s history celebration, Nov. 3, at Fort Shafter.

Bondurant and 1st Lt. Luserito Quisido. Throughout the tour, the two explained the history of the U.S. Army, Fort Shafter and the 175th FMSC.

“I actually have briefing materials and different documentation from World War II and Vietnam that I memorized so that I could guide people around the building,” Bondurant said.

In order to make the celebration happen, the unit’s personnel worked together to produce a product they would be proud to present. LaSala felt that was another important factor in making the day happen.

“They came together as a solid team to create this amazing unit day. This is an example of the types of



Soldiers from the 175th FMSC are dressed in U.S. Army uniforms representing the time period of various conflicts the unit has supported during its history.

things that happen in this unit every day,” LaSala said. “That’s how cohesive this unit is.”

A huge amount of planning went into making sure the unit celebration was a success – from LaSala and McLaughlin sharing their vision and guidance, to the rehearsals to make sure every detail was perfect.

Although unit history day is part of U.S. Army regulations, 175th FMSC’s unit celebration was the first time most Soldiers heard of this type of an event. With the celebration, the unit’s leadership felt it was important for Soldiers to know where they came from in order to make them feel a part of something bigger.

“You can’t do anything without money; yet, we are such a small part of the Army,” Quisido said. “I think it’s important for the Soldiers to have pride within themselves, along with their unit and job.”

In LaSala’s speech, he mentioned how proud he was of his unit and its accomplishments. He gave all the credit for the successful unit celebration to the Soldiers, non-commissioned officers and officers of his unit, claiming he only gave “guidance and vision.” He also stressed the importance of knowing your unit’s history.

2IBCT celebrates Veterans Day on Waianae Coast

MAJ. KAREN ROXBERRY

2nd Infantry Brigade Combat Team Public Affairs
25th Infantry Division

WAIANAE — On Nov. 4, the communities of the Leeward Coast of Oahu gathered along Farrington Highway, here, for the 35th annual Veterans Day Parade, paying tribute to the service and sacrifice of all military veterans.

The parade was sponsored by the Waianae Military Civilian Advisory Council (WMCAC) and for over 10 years has included a marching unit and color guard from the 2nd Infantry Brigade Combat Team, 25th Infantry Division.

“In 1982, the Waianae Military Civilian Advisory Council hosted the Waianae Coast Veterans Day Parade,” said retired Army Lt. Col. Don Arakaki, with 26 years of service and a member of WMCAC. “The purpose of this parade is to honor and show the appreciation of the Waianae Coast communities to our veterans (VFW, American Legion and Special Forces associations), active duty and reserve component Soldiers for their service and sacrifice to our country.”

This year, Soldiers from Charlie Co., 1st Battalion, 21st Inf. Regiment had the honor of marching in the parade along with over 500 Junior Reserve Officer Training Corps (JROTC) cadets from 12 different high schools, the Hawaii National Guardsmen and veterans from the Korean and Vietnam Wars.

“I think Veterans Day reinforces the cultural values of selfless-service and duty, and shows respect to members of our country who live up to them,” said Capt. Andrew



Photo by Sgt. Daniel Johnson, 2nd Infantry Brigade Combat Team Public Affairs, 25th Infantry Division

Shattuck, commander of C. Co., 1-21 Inf. Bn. “It’s always great to come out and meet with our community, but today is extra special because we are paying tribute to the brave men who have served in our military.”

According to Arakaki, Army retired Lt. Col Dan Madeira and Rocky Naeole, president of WMCAC, spearheaded the parade. Arakaki joined the team in 2001 when he became the senior Army instructor at Waianae High School JROTC.

Soldiers assigned to Charlie Co., 1st Bn. 21st Inf. Regt., 2nd IBCT, 25th ID proudly march in the 35th Annual Veterans Day Parade on the Leeward Coast of Oahu along with over 500 JROTC cadets from 12 different high schools, Hawaii National Guardsmen and veterans from the Korean and Vietnam wars.

“Lt. Col. Madeira and I served together in the Hawaii Army National Guard and had a bonding friendship,” said Arakaki. “Upon his passing in 2005, I committed myself to continue his mission to run the annual Veterans Day Parade, which is in its 35th year.”

Although Soldiers from C. Co., 1-21 Inf. Bn. formed the color guard, this year, a cadet from Waianae High School JROTC carried the state flag.

“It was very exciting to see some of our brand new cadets marching with the Soldiers,” said retired Lt. Col. Edgardo Rivera, Waianae High School senior Army instructor.

For others in the community, Waianae’s Veterans Day Parade is about creating long lasting memories and experiences that will have a positive impact on their youth.

“These cadets marching in the parade picked up on an experience that they wouldn’t have had,” said WMCAC member Albert Silva. “These experiences are motivating and will stay with them forever. They are our future leaders.”

The parade took place in Nanakuli, Maili and Waianae followed by a school JROTC drill meet.

Veterans Day tribute ends with sunset ceremony

BATTLESHIP MISSOURI MEMORIAL

News Release

FORD ISLAND — Veterans Day observances across the nation came to a close with a sunset ceremony held onboard the Battleship Missouri Memorial, here.

This year’s ceremony featured a special tribute to women veterans, both past and present, who served in our armed forces.

The theme, “Honoring Our Brave Women Veterans of All Generations,” recognized the vast contributions women veterans have made to ensure America’s freedom, which date back to the American War of Independence. Currently, women veterans represent more than two million of our total veteran population nationwide.

“The importance of women serving our armed forces has grown in stature through the years and with each battle,” said Michael Carr, president and CEO of the USS Missouri Memorial Association, caretaker of the Battleship Missouri Memorial. “The achievements of our women veterans have helped to make the U.S. military one of the most diverse organizations in America.”

On Battleship Row and with the USS Arizona

Memorial at a distance, Col. Kara A. Gormont, a 25-year veteran of the U.S. Air Force, and commander for the 15th Medical Group at Joint Base Pearl Harbor-Hickam, presented the ceremony’s keynote address. Gormont talked about her personal experiences and role as a wife, mother and daughter serving in the military, and the challenges women encounter.

“It is often the strain of competing roles that cause many women to leave military service much too early,” said Gormont. “Military women have a history of ‘leaning in,’ but often it is the pull of their family ties and roles that make this more challenging for them to serve.”

Jaqueline Ashwell, superintendent of the World War II Valor in the Pacific National Monument and a 24-year veteran of the National Park Service, served as the distinguished guest speaker. In her speech, Ashwell highlighted why representation in the armed forces matters, dating back to the success of the Women’s Air Raid Defense (WARD) detachment in Hawaii in 1941.

“By mid-January, the Women’s Air Raid Defense was online. Local radar operators quickly got over the initial surprise of hearing a confident female voice on the other end of the radio,” said Jaqueline Ashwell.

“I feel incredibly fortunate to be here at Pearl Harbor, sharing our critical history – our part in the war, our path to peace and reconciliation. Our gratitude goes out to all those brave women, as well as men who prepare for war in order that we may make peace,” she said.

The opening remarks, provided by retired Rear Adm. Alma Grocki, board member for the USS Missouri Memorial Association, holds the distinction of being the first woman from Hawaii appointed to the U.S. Naval Academy.

“Then 1976 arrived, and although it had been planned and in the works for almost a decade, the opening of the military service academies to women was still a surprise, and very controversial,” said Grocki. “This is when the story about women veterans came out of the history books and became real for me. I was able to take advantage of this huge integration of women into the mainstream military and join the second class of women at the United States Naval Academy.”

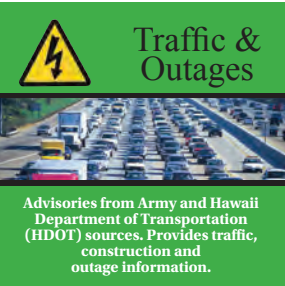
Surrounded by the hallowed waters of Pearl Harbor, the Veterans Day sunset ceremony included a moment of silence to remember America’s fallen heroes, followed by the playing of taps by the 25th Infantry Division Band.



HONOLULU — The U.S. Army Garrison-Hawaii Soldier for Life-Transition Assistance Program is recognized for outstanding support and commitment to the military community by promoting the Small Business Administration’s two-day Boots to Business workshop, which provides insight into starting a small business. Hawaii’s participation in this program ranks fifth in the nation.

In honor of Veterans Small Business Week, the U.S. SBA held its first annual Hawaii Veterans Small Business Awards in Honolulu, Nov. 2. Categories formally recognized included Veterans Small Business Advocate and Veterans Small Business Person of the Year.

Pictured are (left to right) Jerry Hirata, SBA Boots to Business; Mike Bormann, manager, Transition Services, USAG-HI; and Jane Sawyer, director, U.S. SBA.



(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

November

18 / Saturday

Wheeler Electrical Outage — The following will be affected by an electrical outage on Saturday, Nov. 18, from 7-11 a.m.: Santos Dumont and Wright Avenue buildings: 100,102,102A,111A,113,114,117,117A,118,800,825,600,679,680,817,829,832,835,840 and 844.

The outage is required to perform preventive maintenance on electrical equipment.

December

11 / Monday

Wright Avenue — Partial road closures will be in effect at Wright Avenue on Wheeler Army Air Field between Langley Loop and Elleman Road for curb inlet repairs at seven lo-

cations. The partial road closures are Dec. 11-Feb. 2, 2018, from 7 a.m.-3:30 p.m., Monday-Friday.

16 / Saturday

Another Outage — Wheeler’s Wiliwili Housing Area will experience an electrical outage on Saturday, Dec. 16, from 7 a.m.-5 p.m.

The outage is required to support a 25th Combat Aviation Brigade project and provide a back up feed for housing.

Ongoing

Parking Closure — The SB Dental Clinic parking lot will be closed for construction through Dec. 18. The clinic apologizes for this inconvenience. Patients should show up 15 minutes earlier for appointments. Parking can be found adjacent to the Exchange and behind the Dental Clinic.

Airport — A city contractor has begun a work repaving project for various streets in the area of the airport. Work will begin at Waiwai Loop (from Lagoon Drive to 2660 Waiwai Loop). However, a portion of Waiwai Loop has been removed from this repaving project due to ongoing utility work by the Honolulu Authority for

Rapid Transportation, or HART.

Barring weather related delays, the work is expected to be completed by February 2018.

Allowable work hours will be from 8:30 a.m. to 3:30 p.m., Mondays-Fridays, except for paving work, which will be done during nighttime hours from 6 p.m.-5 a.m., Mondays-Fridays.

Ganhnan Road Closure

— This road on Wheeler Army Airfield adjacent to Bldg. 107 will be closed at the Wright Avenue entrance throughout construction, through Dec. 18.

Tripler Army Medical Center

— A complete road closure will occur at the unnamed road beside Krukowski Road near Bldg. 161 for utility and road work. Expect delays when travelling along this route through Nov. 19 from 6 a.m.-3 p.m. Signaling personnel will be directing cars.

From Nov. 27-Dec. 18, the road will be closed and barricaded. Use the Krukowski Road portion of the main Tripler loop during this time. Trucks carrying large loads and heavy equipment may be accessing the Jarred White/Krukowski loop throughout the specified morning.



17 / Friday

Holiday Card Lanes — The Annual Holiday Card Lane will be observed from Nov. 17-Jan. 5, 2018. Holiday cards are being displayed at Schofield Barracks in the grass median across from the Post Office on Foote Avenue. The location at Fort Shafter is in the triangle median on Funston Road across the street from the Fort Shafter Library.

18 / Saturday

Journey to Normal — Current and former women service members and caregivers are invited to breakfast and a movie on Saturday, Nov. 18, from 9 a.m.-1 p.m., at the Oahu Veterans Center at 1298 Kukila St., Honolulu. The movie will highlight women of war coming home. RSVP to beyondbootshawaii@gmail.com. Call 433-0477.

22 / Wednesday

Thanksgiving at DFACs — The meal will be served at operational dining facilities on Wednesday, Nov. 22.

- Cost follows:**
- Show meal card (DD714) and ID card for cardholders.
 - \$6.80 for family members of E1 through E4.
 - \$9.05 for service members, DOD civilians, family members.
 - \$9.05 for guests and family members.

Thanksgiving meal hours follow:

- 6-7 a.m., continental breakfast.
- 11 a.m.-2 p.m., Thanksgiving meal.
- 4-5:30 p.m., dinner.

The Sustainment Bistro DFAC (Bldg. 780, Schofield) is the designated DFAC open the holiday weekend of Nov. 23-26.

- Meal hours follow:**
- 9:30 a.m.-1 p.m., brunch.
 - 5-6:30 p.m., dinner.

27 / Monday

MSG Cedric King — Be inspired by this survivor when he talks at the Oahu Veterans Center, Monday, Nov. 27, from 10-11:30 a.m. This bilateral amputee will share his story and future plans. The center is located at 1298 Kukila St., Honolulu. RSVP at 734-7007 or admissions@honolulu.paulmitchell.edu.

December

9 / Saturday

Ewa Field — The public is invited to the 2017 Annual Commemoration of Ewa Field on Dec. 9 at 9:30 a.m. The field is directly makai of Pride Baseball Field; the gate opens at 8 a.m. Support Ewa Field becoming a national landmark, part of the World War II National Monument, creating a new national and international visitor attraction in West Oahu.

Ongoing

CFC — DOD service members and employees can support their favorite charities by participating in the 2017 Combined Federal Campaign. CFC is the world’s largest and most successful annual workplace charity campaign with 36 CFC zones located everywhere

federal employees work. Contribute online or through your unit representative. Visit https://www.defense.gov/News/Special-Reports/1017_cfc/source/GovDelivery/.

Battlefield 2 Ballroom — This organization connects veterans and ballroom dancing in the fight to treat post-traumatic stress disorder, or PTSD, and traumatic brain injury, or TBI. Find out more details. Visit <http://battlefield2ballroom.org>.

Cellphones — A new city ordinance makes it illegal to look at a cellphone or other electronic device while crossing a street or highway on Oahu. Read about this new law at www.hawaiiarmyweekly.com/2017/10/26/cellphone-safety-bill-now-in-effect/.

Blended Retirement — Starting Jan. 1, 2018, active duty service members with fewer than 12 years of service as of Dec. 31, 2017, and Reserve component service members with less than 4,320 points will have until Dec. 31, 2018, to decide to remain in the current system or opt into the Blended Retirement System.

Mandatory training is available via Joint Knowledge Online at <http://jko.jten.mil/courses/BRS/.html> and Military OneSource at www.militaryonesource.mil/web/mos/-/retirement-planning-the-essentials to assist eligible Soldiers with the decision to either opt-in or continue with a legacy retirement system.

It is mandatory for all Soldiers to complete training no later than Dec. 31, 2017. The training includes videos, glossaries and example scenarios that explain the new retirement benefits and provide comparisons of the current and new systems.

Vehicle Registration — Registering a vehicle? Note, the City and County of Honolulu has made changes to forms that allow service members to register their vehicles in Hawaii tax free. The changes were made due to significant issues with abandoned vehicles. They allow the city and county to determine the owner’s active duty and/or deployment status.

Make sure you are turning in the correct non-residency form, which went into effect Aug. 1, when you register. Unit S-1s can pick up the new forms at the U.S. Army Garrison-Hawaii Forms Center. Call 656-0334 for questions about form pickup.

Military OneSource — This funded Department of Defense program supports service members and their families, including active duty, National Guard and Reserve members. It’s your one-stop shop for all things military life related, including information and referral services, non-medical counseling, online resources, educational materials, webinars, newsletters and outreach teams, 24/7, 365 days a year, at no cost to eligible service or family members.

Hawaii’s consultant is Heather Hutchinson at (808) 286-9277 or heather.hutchinson@militaryonesource.com. Visit www.militaryonesource.mil.

Abandoned Vehicles — Get the latest facts on abandoned vehicles. Go to <http://hpr2.org/post/conversation-wednesday-august-16th-2017>.

RHC-P top leaders mentor next generation

Story and photo by
ANA ALLEN
Regional Health Command-Pacific
Public Affairs

HONOLULU — The Regional Health Command-Pacific commanding general, Brig. Gen. Bertram Providence, and RHC-P senior enlisted adviser, Command Sgt. Maj. Richard Watson, provided mentorship to Moanalua High School students and Air Force Junior ROTC participants as part of a formal mentorship session with the cadre.

The RHC-P senior leaders visited the military cadets to provide leadership guidance on being good citizens, developing “smart” objectives and career planning.

Providence and Watson have made mentorship a regular effort, making time for student mentorship at various public high schools across the island of Oahu, despite the military leaders’ hectic and long work schedules.

As part of the commanding general’s guidance published in December of 2016, Providence placed a focus, one of three, on people.

“We must never forget that our people are the foundation to our success and the key to our future,” stated Providence.

RHC-P’s mission is to provide combatant commanders with medically ready forces and ready medical forces conducting health services support in all phases of operation.



Right — The RHC-P commanding general, Brig. Gen. Bertram Providence (right, in Army Combat Uniform), and Command Sgt. Maj. Richard Watson (left, in ACUs) gather with Moanalua High School student and Air Force Junior ROTC participants outside of a school building in Honolulu following a formal mentorship session with the cadre in October.

Cats & release

There are an estimated 2,700 stray and feral cats at Fort Shafter. USAG-HI has authorized a TNRM pilot program there to try to control the feline population.

USAG-HI pilot program takes new approach to a longtime problem

Story and photos by
KAREN IWAMOTO
Staff Writer

FORT SHAFTER — U.S. Army Garrison-Hawaii has authorized a pilot program that allows a sanctioned group of volunteers to trap, neuter, return and manage (TNRM) stray and feral cats, here.

The volunteers, who are part of a group called Fifi’s Feline Friends (FFF), will also feed the cats at designated times in designated areas. They will wear badges identifying themselves as members of FFF while doing so.

FFF is the only TNRM group authorized by the garrison, and the pilot program is currently limited to a few test locations on Fort Shafter.

The group has also built and placed “feeding shelters” at the locations. The purpose of these covered feeding stations is to limit the number of feeding areas and make it easier to keep those areas clean. Signs will be placed on the structures to identify them as garrison-authorized feeding stations.

Tackling an issue

USAG-HI has received complaints about stray and feral cats at Fort Shafter over the years, said Paul Smith, the USAG-HI natural resource biologist who serves as the liaison between the garrison and FFF. The complaints cited disturbances from cats that live near offices and housing, odor from cat feces and urine, and disagreements about how to address the situation, among other things.

“If this pilot program works, we expect to see a significant reduction in the number of complaints,” Smith said. “What we’re trying to do is get the cats away from the more populated areas, so we tried to find less-trafficked open spaces for the feeding areas.”

The overall goal is to control the feral and stray cat

population while improving the quality of life for the cats, which in turn should improve the relationship between the cats and the people living and working at Fort Shafter.

Dianne Stewart, lead coordinator for FFF, said the TNRM model makes sense.

“This is a logical, not emotional, response,” Stewart said. “If you could get rid of every single cat (on Fort Shafter), the back fill would be overnight. Other cat colonies would come and take over.

With what we’re doing, the cats that are here will be healthy, flea-free and fixed. If other cat colonies were to take over, we would be back at square one with our efforts.

“Our goal is to reduce the number of cats over time, not increase the cat population,” she added. “We are providing a service to the community. It can cost our volunteers anywhere from \$20-\$40 a week to supply cat food, \$6 per dose of flea medication. We also use diatomaceous earth in affected areas. That also helps. We pay to have cats spayed and neutered. And we’re not opposed to putting a cat down if a cat is sick or poses a health hazard.”

She added that the group also finds homes for kittens and cats that can be socialized, and some volunteers serve as “foster parents” for socialized cats awaiting placement in permanent homes.

Sizeable issue

She estimates that there are about 2,700 stray and feral cats on Fort Shafter. But stray and feral cat colonies are not limited to Fort Shafter and Army installations.

In fact, the FFF pilot program is modeled on a similar program started by the University of Hawaii at Manoa to manage the cat colonies there.

A major benefit of the garrison’s pilot program, Stewart said, is that it allows TNRM proponents to

operate within the lawful boundaries of the garrison.

Unauthorized feeding and releasing of cats has been occurring on Fort Shafter despite a USAG-HI policy banning it. As a result, individuals afraid of being punished would resort to covert feeding and releasing of cats. Now, those interested in the welfare of the cats and the larger community can continue their efforts by volunteering through FFF.

Under this pilot program, USAG-HI will maintain some oversight while FFF will oversee the day-to-day operations of the program. It is an all-volunteer effort and USAG-HI is not paying FFF.

If it works, Smith said it will be a win-win for the garrison.

Volunteer

To become an authorized trap, neuter, release and monitor (TNRM) volunteer at Fort Shafter, contact Fifi’s Feline Friends at SHAFTERTNRM@aol.com.

Do your part: Responsible pet ownership

The unauthorized abandonment of cats at Fort Shafter has the potential to undermine USAG-HI’s trap, neuter, return and manage pilot program.

Those who are planning to move, but cannot or do not want to take their cats with them, may contact Fifi’s Feline Friends so that its volunteers can help find new homes for the cats.

Potential cat owners may opt instead to become volunteer foster cat “parents” through FFF.

Pet owners may also surrender their pet to the Hawaiian Humane Society, which accepts admissions all day, every day, including holidays. It costs pet owners \$25 to drop off a pet. There are no fees for bringing in stray animals.

Pet owners should also know that the unauthorized abandoning of pets is illegal in Hawaii and on USAG-HI installations.

The Hawaiian Humane Society is located at 2700 Waiālae Ave. Call 356-2200 or visit hawaiianhumane.org.

Right — Paul Smith, USAG-HI biologist, and Dianne Stewart, lead coordinator for FFF, place an authorized “feeding shelter” for stray and feral cats at Fort Shafter. Under a pilot program authorized by USAG-HI, FFF will begin a trap, neuter, release and manage program for stray and feral cats at Fort Shafter. They will feed the cats at designated areas using these feeding stations.





Briefs

17 / Friday

LinkedIn and Social Media — Net a job and build your network by using social media. Also, develop your LinkedIn profile at SB ACS from 10-11 a.m. Call 655-4227.

It Takes Two — Couples, enhance your relationship by learning skills to improve communication at SB ACS from 11:30 a.m.-1 p.m. Learn about expectations, problem solving techniques, forgiveness and the importance of fun and friendship. Call 655-4227.

Green Card Workshop — Learn how to navigate the complex immigration system to apply for a green card at SB Soldier & Family Assistance Center (SFAC) from 10 a.m.-noon. Workshop will also discuss the Fiancée Visa and Parole in Place process. Call 655-4227.

Citizenship Workshop — Determine if you have met the permanent resident requirements of the U.S. immigration law at SB SFAC from 1-2:30 p.m., and receive step-by-step instruction on the process of becoming a U.S. citizen. Call 655-4227.

EFMP Sensory Movie Night — Monthly movie night held at SB Sgt. Smith Theater at 7 p.m. for individuals and families enrolled in EFMP. Call 655-4227.

18 / Saturday

Thanksgiving Turkey Pass 5K — Run and relay family-friendly event gives you a Palm Circle, FS, experience from 7-9 a.m. for \$35. For every half-mile lap, runners will receive a rubber ducky. Each runner must collect and carry all their ducks through the finish line. Participants can register as an individual or team. Register online at HiMWR.com/turkeypass.

Hands Only CPR — Free classes offered to youth 10-14 at SB Sgt. Yano Library from 11 a.m.-2 p.m. Classes are approximately 40 minutes long and taught by certified Hands Only/Citizens' CPR Instructors. Call 655-9698.

Stand Up Paddle Boarding 101 — Cruise the Anahulu River on the North Shore of Oahu with SB Outdoor Recreation from 8:30 a.m.-12:30 p.m. for \$59 per person. Transportation (up to 12 people), equipment and instruction are included. Bring water, snacks and sunscreen. Call 655-0143.

communityCalendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

18 / Saturday

The Nutcracker — Tickets are now on sale for the holiday classic ballet, performed by Ballet Hawaii. Opening night is Dec. 16 at the Blaisdell Concert Hall. Enjoy Tchaikovsky's classic ballet reinterpreted and set in the 1858 Kingdom of Hawaii. Contact the Blaisdell Box Office; go to ticketmaster.com or call 1-877-745-3000.

Sea Life Park — Special "Getting Savvy with Shearwaters," 10 a.m.-2 p.m., takes visitors through the Seabird Rehabilitation Center efforts with education programs, games and crafts. Up to three keiki admitted free with each paying adult park admission. Call 259-2500 or visit www.sealifeparkhawaii.com.

Ja Rule & Ashanti — Two shows, 7 and 10:30 p.m., scheduled at the Blaisdell Concert Hall. Ticket prices start at \$44. Visit ticketmaster.com.

22 / Wednesday

Farmers Market — Ka

ASYMCA honors six families, 100 years of service

Story and photo by
KRISTEN WONG
Contributing Writer

HONOLULU — The Armed Services YMCA of Honolulu hosted its annual Celebrating the Military Family ceremony, honoring six military families and celebrating the ASYMCA of Honolulu's 100th anniversary in the Coral Ballroom at the Hilton Hawaiian Village, Nov. 8.

The ASYMCA of Honolulu was founded in 1917, due to a "need for organized entertainment for our military in Honolulu," according to Laurie Moore, the executive director of the ASYMCA of Honolulu.

Today, the organization provides various programs and resources to military families, including Playmornings, Robotics Camp, Parent Participation Preschool and more.

"The Armed Services Y was honored to make a difference in their lives then, just as we strive to do for our military today," said Moore.

Army Sgt. 1st Class Andrew Gregory, Marine Corps Gunnery Sgt. Jason Fudge, Navy Petty Officer 1st Class William Roy, Air Force Master Sgt. David Bickel, Coast Guard Petty Officer 1st Class Bryan Kelly and Hawaii National Guard Spc. Shane Philpot, and their families, each received a gift basket and plaque.

"The honorees range from a seasoned service member who's overcome extreme hardship to a dual active duty couple balancing careers and health concerns, to a young service member who's already demonstrated selfless



USARPAC Command Sgt. Maj. Bryant Lambert (left), Sgt. 1st Class Andrew Gregory (third from right) and his family, pose for a photo with Gen. Robert Brown, USARPAC commanding general, and his spouse, Patti, in the Coral Ballroom of the Hilton Hawaiian Village, Nov. 8. The Gregory family was honored at the ceremony.

service and extraordinary leadership," Moore said.

"The Gregory, Fudge, Roy, Bickel, Kelly and Philpot honorees make us really proud, and so on behalf of all of us, we say thank you for your service and congratulations."

Gen. Robert Brown, commanding general, U.S. Army-Pacific, the keynote speaker at the ceremony, shared the types of challenges service members and their families go through, from work interrupting family time, to living in an isolated location like Hawaii, and

even experiencing one's own child deploying to a combat zone.

The general added that the pride one feels in being part of the one percent of the population who join the military, however, outweighs the challenges.

"I'm incredibly proud of the support structures we have out there for our military families, and none stand out more than the Armed Services YMCA," Brown said. "Thanks so much to the ASYMCA, and (we're) looking forward to another 100 years, no doubt about it."

New Parents Daddy Boot Camp — Class for first-time/expecting parents at SB ACS from 9 a.m.-12:30 p.m.

Parents can ask questions and learn practical skills for taking care of the new baby. Call 655-4227.

20 / Monday

Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu.

Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment.

Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 to register.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m.

Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

21 / Tuesday

Toon Time Matinee — Join SB ACS from 10 a.m.-noon for a free movie, fun and social interaction. Event is for caregivers and their children 0-3. Call 655-4227.

EFMP SPEDucation Blitz — Behavior plans class held at SB Outdoor Recreation Center from 10-11:30 a.m. Class will review how to organize school records. Call 655-4227.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

Stability Support — Critical Incidents Training identifies how FRGs can support Soldiers and families impacted by critical incidents. Attend at SB Nehelani from 9:15 a.m.-12:15 p.m. Call 655-4227.

23 / Thursday

Thanksgiving Day — No school for Hawaii public schools. Call the Army

School Liaison Office at 655-8326.

24 / Friday

Parenting 101 — Take your parenting to the next level. Discover current "best practices" and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

25 / Saturday

Family Nite — Enjoy paint and take ceramics with SB Arts and Crafts at 4:30 p.m. Preregistration is required. All supplies included. Children 12 and younger must be accompanied by an adult. Call 655-4202.

America Red Cross CPR/AED-First Aid Training — Available at SB Richardson Pool from 9 a.m.-4 p.m. for \$75.

28 / Tuesday

Tree Lighting North — Families are invited to SB Generals Loop from 5:30-8:30 p.m. to kick-off the holiday season with the annual lighting of the tree. Festivities include pictures with Santa, Army Music Hawaii, cookies and cocoa. Call 655-0002.

Hawaii Theatre for this holiday season charity event.

Kapolei Commons Snow Day — This annual event, 10 a.m.-1 p.m., draws more than 4,000 to the west side winter wonderland where many keiki experience snow for the first time. It's a free, family-friendly event with photos with Santa and Wonder Woman, face painting, twirly balloons, arts & crafts, games, food booths and more.

College Football — The University of Hawaii Rainbow Warriors finish the 2017 season hosting Brigham Young at Aloha Stadium, 4 p.m. kickoff. Purchase tickets at the stadium box office or at hawaiiathletics.com.

December

1 / Friday

Polynesian Cultural Center — Christmas at the Hukilau Marketplace runs through Dec. 23 at the PCC, and offers selfies with Santa, nightly Christmas entertainment, train rides for keiki, 6:30-8:30 p.m., Thursdays-Saturdays through Dec. 16 and Mondays-Saturdays, Dec. 18-23.

The Winter Wonderland Snow Days are set for Dec. 2, 8 and 22. Visit www.hukilaumarketplace.com or call (808) 293-3333.

2 / Saturday

WAAF Run/Walk — Wheeler Army Airfield hosts the annual Pearl Harbor Commemoration Run/Walk on Saturday, Dec. 2, at 7 a.m., at Kawamura Gate, Wheeler. The route will travel past historic sites on WAAF. Cost is \$10. RSVP at 655-5975. Visit www.HiMWR.com/PH4K.

Honolulu City Lights — Opening Night Festivities and Public Workers' Electric Light Parade, 4 to 11 p.m., Honolulu Hale and Fasi Civic Center, 530 S. King St.

Honolulu City Lights returns for its 33rd year of holiday cheer setting downtown Honolulu aglow with dazzling lights and displays to mark the start of the holiday season. The opening night festivities kick off a month-long celebration of family-friendly attractions and merry fun.

Sounds of Aloha — An a cappella Christmas presented, 4 and 7 p.m., at the Paliku Theatre, Kaneohe. Visit www.SoundsOfAloha.org.

3 / Sunday

Holiday Concert — The 100-voice Windward Choral Society's 10th annual free event at 4 p.m., Dec. 10 and 17, at St. John Vianney Church, 920 Keolu

See COMMUNITY B-4

This Week at the
MOVIES
Sgt. Smith Theater

Cars 3
(G)

Friday, Nov. 17, 7 p.m.

The Mountain Between Us
(PG-13)

Saturday, Nov. 18, 4 p.m.

Happy Death Day
(PG-13)

Saturday, Nov. 18, 7 p.m.

Marshall
(PG-13)

Sunday, Nov. 19, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team CDC: Child Development Center CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FCC: Family Child Care FMWR: Family and Morale, Welfare	and Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SAC: School Age Center SB: Schofield Barracks	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

DOE instructs teachers about military culture

SCHOOL LIAISON OFFICE
Army Community Service
Directorate of Family and Morale,
Welfare and Recreation
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — The Military Culture Course, taught by military school liaison officers, here, completed classes on Nov. 2 designed to help instructors develop school programs to assist military families.

The Joint Venture Education Forum (JVEF) sponsored program has been ongoing with its primary focus to equip teachers with a working knowledge of the military lifestyle and challenges.

The free class is usually held in the fall and should benefit our educators to be familiar with the ways of military families.

Required assistance
Teachers from around Oahu participated in the eight-session course.

Each educator is mandated to complete a portfolio and implement a program in his or her school to assist military students. The implementation should be completed in April, 2018, and each principal



JOINT BASE PEARL HARBOR-HICKAM — Teachers from around Oahu join military school liaison officers for a photo opportunity after completion of the eight session Military Culture Course, Nov. 2, at the JBPBH Rainbow Marina.

needs to approve the project.

Some of the recurring highlights of this course have been the boat tour of Pearl Harbor, briefings by high-ranking officers of each military branch and a parent panel that comes to the class to share their experiences in our Hawaii schools.

All of the classes have been held at the Rainbow Marina, a nice Navy facility that is located near the Pearl Harbor Memorial.

Exchange delivers November savings

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

SCHOFIELD BARRACKS — The Schofield Exchange will be closed Thanksgiving Day, but shoppers can still save on the season’s hottest electronics, housewares and apparel from the comfort of their own homes starting at 8 p.m., Hawaii time, on Nov. 22 at ShopMyExchange.com.

**Black Friday**
The savings will continue starting at 8 p.m., Hawaii time, on Nov. 23 at ShopMyExchange.com, when the Exchange kicks off its online Black Friday sale. Service members and families at Schofield Barracks can shop Black Friday deals in person beginning at 6 a.m. at the Schofield Main Exchange.

“We can’t wait for the Schofield Barracks community to see these door-busting deals,” said Asia Gilchrist, Exchange store manager. “Our team is ready to help the best customers in the world save on the holiday season’s most in-demand gift items.”

Saturday sale
On Nov. 25, the Schofield Barracks Exchange will open at its usual time, 9 a.m.-9 p.m., for a special Saturday sale event, with deals also available at ShopMyExchange.com. More online and in-store savings will follow Nov. 26 through 30.

Shoppers can get a sneak peek at sale items and pricing starting Nov. 17 by logging on to ShopMyExchange.com, downloading the Exchange EXTRA app or picking up the Black Friday sale flyer at their local Exchange.

Point of Contact
For more information, call the Schofield Main Exchange at 808-622-1773. Visit www.shopmyexchange.com or follow the Exchange on Twitter at <https://twitter.com/ExchangePAO>.





AccesSurf program participants are aided by cadets from the Mililani Army JROTC as part of the Day at the Beach monthly experience. AccesSurf introduces children, adults and veterans with disabilities to adaptive water recreation.

‘Day at the beach’ offers new meaning

CADET CAPT. SHIRLEY SANCHEZ
Mililani Army JROTC

WHITE PLAINS BEACH, BARBERS POINT — A group of 45 cadets from the Trojan Battalion of Mililani Army JROTC participated in the AccesSurf program, here.

The AccesSurf program offers help to children, adults and veterans with disabilities. The goal is to help attendees discover their level of abilities in the ocean, and just have fun.

The nonprofit “Day at the Beach” program is a free monthly service provided by trained volunteers to introduce adaptive aquatic recreation equipment using specialized surfboards, wave skis and flotation devices for anyone with a physical or cognitive disability.

Recognizing service and ohana
The program allows family and friends to participate in outdoor recreation as part of the family or ohana.

“This service learning project is an important part of the JROTC experience because through serving others, we are able to learn more about ourselves,” said Cadet Lt. Col. Travis Afuso, Trojan battalion commander. “Walking away from this project, cadets are more appreciative for what they have, and they are also inspired to find other ways to impact the community and help those in need.”

“Participating in service projects, in general, have always warmed my heart because of all the lessons learned,” said Cadet Capt. Brandon Arthur, battalion accreditation’s officer. “In AccesSurf, all of the participants’ hardships are easily forgotten as we all pitch in as a battalion to help them get out for just one good day on the beach, while we in turn learn to become better citizens. I wouldn’t trade my experience I had with these amazing people for anything in the world.”

Brandon added that he wants to participate in every future JROTC AccesSurf event this year.

Following their experience, Cadet Trace Pule & Sierra Lyon, seniors from the Waialua High School detachment, each expressed they were honored to participate in the AccesSurf. Each plans to participate once again with AccesSurf and bring the program to their school and community. This opportunity also provided them with a new outlook on the importance of servitude.

“AccesSurf was an amazing opportunity to the cadets in our battalion to do some true service to the community, while also being able to take away lessons that they can apply to the real world,” said the senior service learning coordinator, Cadet Capt. Annie Montalbano.

“It’s not just about their time in the water,” she said. “It’s simply also a chance for the participants to meet new people and enjoy a day on the beach. AccesSurf is always a great time with meeting new people, surfing waves that put smiles on these people’s faces, then having the best burger in their life that equals a memory of a lifetime. The battalion was able to learn and take away knowledge that will stay with them forever. AccesSurf is ohana.”

“The mission of JROTC is to motivate young people to become better citizens,” Cadet Afuso said. “And I can think of no better way to do this than by enabling them to have a direct and positive impact on the lives of others.”

Fans take desperate measures to follow football from afar

Unlike other football fans, I had no choice in the matter. I was born and raised in Western Pennsylvania. Ergo, I am a Pittsburgh Steelers fan.

In that part of the country, team loyalty is passed down like eye color, pigeon toes and Grandma’s Golumpki recipe. Impossible to deny. As involuntary as breathing air.

So, I grew up rooting for the Steelers like everyone else I knew. From a young age, I felt contempt for the Browns and the Cowboys, although I wasn’t sure why. I wore a Steelers hat with a gold pompom, even though it didn’t match my coat. I helped mom make heaps of Chex Mix for Super Bowl parties, when Terry Bradshaw, Joe Greene, Mel Blount, Jack Ham, Lynn Swan and Franco Harris were in their heyday.

Team loyalty was also part of the marriage contract between my husband, Francis, and I. He willingly abandoned his beloved Green Bay Packers and joined Steeler Nation, just for me. And I became a Catholic, just for him. Kinda romantic, when you really think about it.

The first few years of moving to different duty stations were tough, but during back-to-back tours in Virginia, we were able to raise a growing family of true Steeler devotees.

But then – just when our family was comfortably ensconced in black and



THE MEAT AND POTATOES OF LIFE

LISA SMITH MOLINARI
CONTRIBUTING WRITER

gold sportswear, a Steeler flag flapped from our front porch and a terrible towel was poised for action on the family room coffee table – the unthinkable happened. We got overseas orders again.

Overseas challenges
Living in base housing in Stuttgart, Germany, we learned that we would not be able to watch most of the football games, because Armed Forces Network only aired certain match ups. And those were broadcast at odd hours of the night.

Finally, someone told us about a new technology – online streaming.

Despite the risk of identity theft, malware infection and prosecution for piracy, I punched my credit card information into a suspicious streaming website on game day. After what seemed like endless fiddling with our circa 2005 Dell desktop, with inadequate bandwidth and a scant gigabyte of

capacity, a tiny window finally popped up showing a pixilated image of Heinz Field.

“C’mon everybody!” I yelled from the back bedroom where our computer was connected to the Internet. “I found the game!”

One by one, we piled onto the full-sized bed. Myself, Francis, the three kids and our 110-pound dog. However, what should have been a relaxing experience, quickly turned into a fiasco, as everyone fought for territory on the mattress. Once chicken wings, celery and chips were introduced to the scene, the bed was more like a salad shooter.

Play after play, we strained to make out what was happening on the poor-quality images. Then somewhere in the second quarter, the screen permanently froze up. And that was that.

Once, during our three-year tour in Germany, we had an opportunity to watch a live game that wasn’t broadcast on AFN. The Steelers were playing in Super Bowl XLV, so we rented an apartment in Rome with a cable package that included the network that was airing

the game live, just after midnight.

After a full day of visiting tourist sights – the Vatican, the Colosseum, the Forum, Trevi Fountain, the Jewish Quarter, Villa Borghese Museum, we filled our bellies with a late dinner of pasta, fried artichokes, bread, wine and gelato before nestling in to watch the game.

Despite our initial excitement, it would have taken an espresso machine, cattle prods and toothpicks propping open our eyelids for us to make it to the halftime show. We were all sound asleep three downs into the second quarter.

We realized that military service required a kind of sacrifice we’d never expected.

Thankfully, there are better options for military families today. Digital streaming is now mainstream technology.

Many Options!
Fans anywhere in the world can watch games on demand, legally through NFL Game Pass. See www.nfl.com/help/gamepass. And those located in the U.S. have even more ways to keep up with their teams. See “How to stream NFL games for the 2017 Season” at www.nfl.com.



Special Olympics bowlers compete on Schofield

STAFF SGT. HEATHER A. DENBY
25th Sustainment Brigade Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The sounds of cheering, clapping and the occasional high five can often be heard in the bowling center, here, but those sounds were amplified Oct. 28 by the 71 Soldiers, retirees and family members who volunteered to support this year’s Leeward Oahu Special Olympics bowling tournament.

“The volunteer turnout was quite phenomenal,” said Nelson Martinez, a victim advocate for U.S. Army Garrison-Hawaii and the event volunteer-coordinator. “We had folks from 8th Theater Sustainment Command, the Sergeant Audie Murphy Club, the Better Opportunities for Single Soldiers program, and other units from across Schofield Barracks come out to show the competitors that we love and support their grit and athleticism.”

The event took six hours, with 58 out of 4,200 Hawaiian teams taking to the lanes to strive for the title of best in their division.



Photo by Nelson Martinez, U.S. Army Garrison-Hawaii

Each team had a volunteer by its side to cheer for the competitors and tally final scores. The teams played three rounds per session with two sessions held overall. Although bowling is not an Olympic

A volunteer and an athlete exchange high fives at the Schofield Barracks Bowling Center, Oct. 28.

sport, it is among the most popular of sports in the Special Olympics.

The Leeward District director for Special Olympics-Hawaii said participation in this year’s event was widespread and that the program was a success, in part, because of the work of local volunteers.

“We are incredibly appreciative of the positive environment that was created during the event by our wonderful volunteers,” said Olga Goo, Leeward District director for Special Olympics-Hawaii. “It made our athletes feel good, our parents feel good, and it made the athletes really happy.”

Schofield Barracks is slated to host the Leeward District Special Olympics track and field event next April.

Point of Contact
For more information, contact Special Olympics Hawaii at (808) 943-8808.



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Last Wednesday, 6 p.m. at MPC

Catholic Mass
•Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
•Thursday, 11:45 a.m. at AMR
•Wednesday, 5 p.m. at MPC
•Saturday, 5 p.m. at TAMC
•Sunday services:
-8:30 a.m. at AMR
-10:30 a.m. at MPC
-11 a.m. at TAMC

Gospel Worship
•Sunday, noon at MPC
•Sunday, 12:30 p.m. at AMR

Islamic
•Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship
•Sunday Services
-9 a.m. at MPC (Contemporary)
-9 a.m. at FD
-9 a.m. at TAMC
-10 a.m. at HMR (Contemporary)
-10:30 a.m. at AMR (Contemporary)
-11 a.m. at WAAF (Contemporary)

Greatness involves taking many ‘Footsteps in Faith’

ABBY HALL
Contributing Writer

SCHOFIELD BARRACKS — I have always admired people of great faith. Everyone has heard amazing, awe-inspiring stories about great missionaries, or heroes, who stood out because of their determination to act in faith.

These stories often leave us with a sort of conflicted feeling. We may feel admiration and a desire to be like them, while also feeling suddenly mindful of our own tiny faith.

How could we ever manage to foster a faith like that?

Seeking inspiration

When hard times come, whether it’s the stress of bills, jobs or family challenges, we often feel ourselves coming up short. When it is hard for us to display great faith in these situations, how will we ever manage to have great faith in larger situations like those who inspire us?

A few years ago, I learned an invaluable lesson of faith. I sometimes have to remind myself about it, so I will never let this lesson go.

My husband and I were expecting our first children. We were going to have twins! However, we were devastated when the news came that the pregnancy would not last and that we had already lost our precious little ones.

While everyone around us prayed for a miracle, I was faced with the realization that the greatest act of faith I could possibly exhibit was the determination not to let my faith waver. For me, it wasn’t necessarily a miracle that would grow my



Hall

faith in that moment, but rather the decision to stand on what I believed.

For some reason, faith often strikes the majority of us as an elusive phenomenon we feel inside of ourselves. The notion seems rather like a warm overwhelming sensation that will burst from within at just the right time. In that crucial moment, we will somehow muster that great heroic feeling to have faith.

The oddity about it all is that, in truth, true faith is far less glamorous. Looking over the pattern in my own life, I can attest that the times when I see the footsteps I took in faith, I do not see some amazing blockbuster moment where I felt that wonderful sensation.

The greatest moments in my faith are the moments that felt nearly empty. It is the heart-wrenching moments when things are falling apart and our emotions are far from on our side. Life feels like it might close in at any moment in these times.

Faith appears on the scene when we take hold of our situation with determination. It is the conscious decision to stand in our faith and on all that we know and believe to be true, despite the emotions we feel in that moment. It doesn’t feel glamorous. It often doesn’t even feel good at first. It is not always void of doubt. It is the decision to side with hope instead of with the doubt we may feel.



The most vivid displays of our own footsteps in faith will probably surprise us. Look over your own life and question how you got through the toughest moments. You might find your faith was stronger than you realized. The inspiring part of it is that just because we may not feel like our faith is strong enough to take on the challenging moments, it doesn’t mean that it isn’t.

Faith is not an emotion, and it is not dependent on our emotions. It is dependent on our resolve to make a conscious decision to stand firm in what we believe. Take comfort in that, and be bold enough to take some footsteps in faith this week.

(Editor’s note: Abby Hall is a member of the Main Post Chapel Protestant congregation.)



CONTINUED FROM B-2
Dr., Kailua.

8 / Friday
Historic Hawaii Foundation
— Take a tour of Steve McGarrett’s home on the hit TV series “Hawaii Five-O,” 5:30-8 p.m.
The historic Bayer Estate in Aina Haina is a 1936

architecturally significant design. Tickets are required (\$65) and may be purchased online at <https://bayerestateopenhouse.eventbrite.com>.

9 / Saturday
Kapolei City Lights — West O’ahu Electric Light Parade on Kapolei Parkway kicks off the holiday season with a street festival celebration featuring food trucks, cultural entertainment, 4-9 p.m., Kapolei Hale, 1000 Ulu’Ohi’a St.
Contact the Mayor’s Office of Culture and the Arts at (808) 768-6622.

WARRIOR CARE MONTH



SCHOFIELD BARRACKS — Army active duty and veteran athletes compete in wheelchair basketball for the 2017 Pacific Regional Trials at Martinez Gym, Nov 8.

Approximately 80 wounded, ill or injured Soldiers and veterans came to Hawaii to train and compete in a series of competitive athletic events including archery, cycling, shooting, sitting volleyball, swimming, track and field and wheelchair basketball during November, which also coincides with Warrior Care Month.



Photos by Staff Sgt. Melissa Parrish, U.S. Army-Pacific Public Affairs

New motivation fuels one Soldier’s desire to compete

Story and photo by
CHRISTOPHER FIELDS
Army Warrior Care and Transition

SCHOFIELD BARRACKS — While assigned to the 4th Infantry Division at Fort Hood, Texas, Sgt. Samuel Daniels helped with the setup, tear down and check-in of spectators for the Central Regional Trials.

He was not clear on what the event was, but he did see some of the practices. He didn’t think much of it, until he found himself in the Schofield Barracks Warrior Transition Battalion in December 2016 after a myriad of back problems, a herniated disc, a deteriorating disc and a pinched sciatic nerve. He has had three surgeries to correct the problems.

New appreciation

As he got involved with the WTB’s adaptive reconditioning program and learned about Warrior Games, he recalled supporting those events at Fort Hood. Now he’s part of the competition.

Participating in his first Pacific Regional Trials, Daniels has won two gold medals, so far, for discus and shot put. He still has archery, shooting, sitting volleyball and wheelchair basketball to go.

This may be his first time competing at Regional Trials, but Daniels is no stranger to high-level competition having played both basketball and football for Youngstown State University. However, his motivations for competing now are different from what they were back then.

“I get out here and compete for my battle buddies that can’t. When you see amputees and people who have worse injuries than you doing things, you think why can’t I do it? And that’s why I do it, for those that



Sgt. Samuel Daniels prepares to throw the shot put during competition at the Pacific Regional Trials at Schofield Barracks, Nov. 7.

can’t and for the WTB staff that supports and pushes me to be my best every day,” Daniels said. “But my biggest motivation, more than anything, is my 12-year-old son, Isaiah.”

When Daniels’s son was 4, he thought his dad was like a lion.

“He told me I was Mufasa and he was Simba,” Daniels said, referring to the father and son lions from “The Lion King” movie. “I really took the lion comment to heart because it came from my son, and I try to live up to that,” said Daniels, as he rolled up his right sleeve to reveal a

lion tattoo.

That motivation has powered him through while recovering at the WTB, not just to compete in Regional Trials, but to get healthy and return to duty, which he is on track to do.

WTB support

“I thought coming to the WTB was a career ender, but it really isn’t. They push you to test where you are, and they won’t let you over do it. They work with you until they feel you’re ready and able to get back to the fight, or they help you get set up for when you transition out. You can’t beat it. It’s a great place to get better.”

Daniels credits the WTB staff, particularly its Adaptive Reconditioning Program team, for helping him get to this point, and hopes he and the rest of his WTB teammates make them proud at Regional Trials.

“The staff pushes us and gives us their best, and this is a chance for us to show our appreciation for them by doing our best like they do for us every day.”

Like the others competing at Regional Trials, Daniels hopes to continue on to Army Trials and continue making the WTB staff proud.

“Going on to Army Trials would be emotional for me because it will be proof that my hard work has paid off,” Daniels said. “Going up against the rest of the Army’s athletes would be special, and if I were to make Team Army and go to Warrior Games ... that would be crazy. I’d give it all I got and push passed my limits to represent and make the Army proud.”

Daniels is off to a good start at the Pacific Regionals after winning the field events. He will continue to push himself in his other events and hopefully push himself into an invite for Army Trials at Fort Bliss, Texas.